

how to deal with worry...

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?...But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

- Matthew 6:25-27, 33-34 NIV

Is anxiety a sin? Consider the Biblical data:

- Jesus and Paul say not to be anxious (Mt 6:25, Php 4:6)
 - Jesus anxious in Gethsemane? (Mt 26:36-46, Lk 22:44)
 - *merimnaó* (worry, concern) is also used positively (1 Cor 7:32-34, 12:25; Php 2:20)
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What do the Gospels teach about anxiety?

- Every command against worry identifies a specific temptation (hoarding, pride, etc) (Mt 6:25-34, 10:19-31; Mk 13:11; Lk 5:10, 12:2-32, 21:14; Jn 16:33, 14:1-27)
 - Some anxious people may choose greed or idolatry
 - Some anxious people come to Jesus to address their anxiety over physical, spiritual, relational, and material needs
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How can Jesus meet me in my worry? (Mt 6:25-34)

- Jesus points out the worry over *future whats* – what you *will* eat, drink, wear
 - Jesus redirects our attention to a *present who* – the Father who provides for all creation
 - Jesus sustains us with presence in an uncertain world
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Practice. When you feel anxious, take a moment to root yourself in the present. Identify **5** things you can see, **4** things you can hear, **3** things you can touch, **2** things you can smell, and **1** thing you can taste. Present to this moment, where do you sense God at work in your surroundings?

Commit yourself to the Father's care.